KETTLER

Montageanleitung "Satura P" Art.-Nr. 07653-000, -300

deutsch english française nederlands español italiano polski čeština dansk















Important Instructions

Please read these instructions carefully prior to carrying out assembly and using for the first time. They contain information which is important for your safety as well as for the use and maintenance of the appliance. Keep these instructions in a safe place for reference purposes, maintenance work and to assist you when ordering spare parts.

For Your Safety

- **ATTENTION!** The crosstrainer should be used only for its intended purpose, i.e. for physical exercise by adult people.
- ATTENTION! Any other use of the equipment is prohibited and may be dangerous. The manufacturer cannot be held liable for damage or injury caused by improper use of the equipment.
- The crosstrainer has been designed in accordance with the latest standards of safety. Any features which may have been a possible cause of injury have been avoided or made as safe as possible.
- The training device corresponds with DIN EN 957 -1/-9, class HA
- Incorrect repairs and structural modifications (e.g. removal or replacement of original parts) may endanger the safety of the user.
- Damaged components may endanger your safety or reduce the lifetime of the equipment. For this reason, worn or damaged parts should be replaced immediately and the equipment taken out of use until this has been done. Use only original KETTLER spare parts.
- In case of enquiry, please contact your KETTLER dealer.
- If the equipment is in regular use, check all its components thoroughly every 1–2 months. Pay particular attention to the tightness of bolts and nuts. This is particularly true for the attachment of grip strap, running plate and fastening of the handlebar and front tube.
- ATTENTION! Instruct people using the equipment (in particular children) on possible sources of danger during exercising.
- Before beginning your program of exercise, consult your doctor to ensure that you are fit enough to use the equipment. Base your program of exercise on the advice given by your doctor. Incorrect or excessive exercise may damage your health!
- Any interference with parts of the product that are not described within the manual may cause damage, or endanger the person using this machine. Extensive repairs must only be carried out by KETTLER service staff or qualified personnel trained by KETTLER.
- To ensure that the safety level is kept to the highest possible standard, determined by its construction, this product should be serviced regulary (once a year) by specialist retailers.
- Before use, always check all screws and plug-in connections as well as respective safety devices fit correctly.
- ▲ ATTENTION! While assembly of the product keep off children's reach (Choking hazard - contains small parts).

- Always wear suitable shoes when using.
- **ATTENTION!** Before beginning your program of training, study the instructions for training carefully.
- Our products are subject to a constant innovative quality assurance. We reserve the right to perform technical modifications.
- In choosing the location of the apparatus, ensure a sufficient safety distance from any obstacles. The apparatus must not be mounted in the immediate vicinity of main passageways (paths, doorways, corridors).
- Always observe the general safety rules and precautions for working with electrical equipment.
- All electric appliances emit electromagnetic radiation when in operation. Please do not leave especially radiation-intensive appliances (e.g. mobile telephones) directly next to the cockpit or the electronic controlsystem as otherwise values displayed might be distorted (e.g. pulse measurement.
- The device requires a supply voltage of 230V, 50 Hz.
 Connect the power cord with a protective contact socket.
- ⚠ **IMPORTANT!** Do not under any circumstances carry out electrical repairs or alterations yourself. Always ensure that such work is done by a properly qualified electrician.
- ⚠ **IMPORTANT!** disconnect the apparatus from the mains before doing repair, maintenance or cleaning work.
- Do not use a multiple power socket for the running belt. If an extension cable is being used, ensure that it complies with the VDE regulations.
- Unplug the power cord of the device from the socket if not used for a longer period.
- Ensure that the power cable is not pinched and that no-one can trip over it.
- MARNING! Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.
- The product is not suitable for use by persons weighing over 150 kg.
- Nobody may be in the moving range of a training person during training
- This exercise machine may only be used for exercises indicated in the training instructions.

Handling the equipment

- Before using the equipment for exercise, check carefully to ensure that it has been correctly assembled.
- It is not recommended to use or store the apparatus in a damp room as this may cause it to rust. Please ensure that no part of the machine comes in contact with liquids (drinks, perspiration etc.). This may cause corrosion.
- The machine is designed for use by adults and children should
- not be allowed to play with it. Children at play behave unpredictably and dangerous situations may occur for which the manufacturer cannot be held liable. If, in spite of this, children are allowed to use the equipment, ensure that they are instructed in its proper use and supervised accordingly.
- Use for your regular cleaning, maintenance and care our appliance maintenance set (Article no. 07921-000) specifically li-

censed for KETTLER Sports apparatus and available from the Sport specialized trade.

- Please ensure that liquids or perspiration never enter the machine or the electronics.
- The equipment is independent of revolutions per minute.
- A slight production of noise at the bearing of the centrifugal mass is due to the construction and has no negative effect upon operation. Possibly occurring noise during reverse pedalling result from engineering and are absolutely safe.
- The crosstrainer has a magnetic brake system.
- To operate correctly, the pulse function requires a minimum voltage of 2,7 volts (only for computers working with batteries).
- Before beginning your first training session, familiarize yourself thoroughly with all the functions and settings of the unit.
- The surface on which the unit is placed must be firm and even. Place rubber or straw mats under it to deaden any noise or impacts. Only for appliances with weights. Avoid powerful oscillations of the dumbbells!

Instructions for Assembly

- Ensure that you have received all the parts required (see check list) and that they are undamaged. Should you have any cause for complaint, please contact your KETTLER dealer.
- Before assembling the equipment, study the drawings carefully and carry out the operations in the order shown by the diagrams. The correct sequence is given in capital letters.
- Please note that there is always a danger of injury when working with tools or doing manual work. Therefore please be careful when assembling this machine.
- Ensure that your working area is free of possible sources of danger, for example don't leave any tools lying around. Always dispose packaging material in such a way that it may not cause any danger. There is always a risk of suffocation if children play with plastic bags!
- The equipment must be assembled with due care by an adult

- person. If in doubt call upon the help of a second person, if possible technically talented.
- The fastening material required for each assembly step is shown in the diagram inset. Use the fastening material exactly as instructed. The required tools are supplied with the equipment.
- Bolt all the parts together loosely at first, and check that they have been assembled correctly. Tighten the locknuts by hand until resistance is felt, then use spanner to finally tighten nuts completely against resistance (locking device). Then check that all screw connections have been tightened firmly. Attention: once locknuts have been unscrewed they no longer function correctly (the locking device is destroyed), and must be replaced.
- For technical reasons, we reserve the right to carry out preliminary assembly work (e.g. addition of tubing plugs).

List of spare parts page 30-32

When ordering spare parts, always state the full article number, spare-partnumber, the quantity required and the S/N of the product (see handling).

Example order: Art. no. 07653-000 / spare-part no. 00000000 / 2 pieces / S/N

Please keep original packaging of this article, so that it may be used for transport at a later date, if necessary.

Goods may **only** be returned after prior arrangement and in (internal) packaging, which is safe for transportation, in the original box if possible.

It is important to provide a detailed defect description / damage report!

Important: spare part prices do not include fastening material; if fastening material (bolts, nuts, washers etc.) is required, this should be clearly stated on the order by adding the words "with fastening material".

Waste Disposal



KETTLER products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

GB KETTLER GB Ltd.

KETTLER House, Merse Road · North Moons Moat · Redditch, Worcestershire B98 9HL

http://www.kettler.co.uk

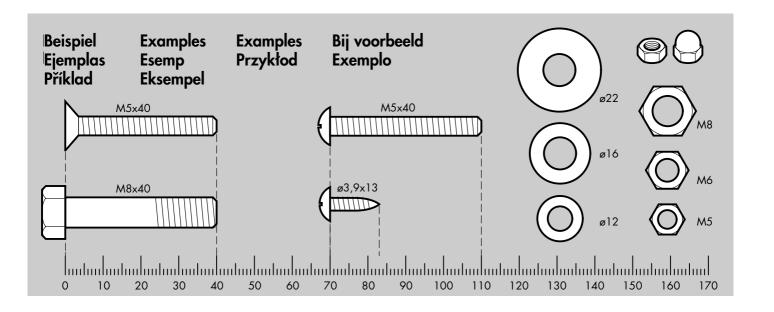
USA KETTLER International Inc.

1355 London Bridge Road · Virginia Beach, VA 23453 http://www.kettlerusa.com

Messhilfe für Verschraubungsmaterial

- GB Measuring help for screw connections
- F Gabarit pour système de serrae
- NL Meethulp voor schroefmateraal
- E Ayuda para la medición del material de atornilladura
- I Misura per materiale di avvitamento

- PL Wzornik do połączeń śrubowych
- CZ Měřící pomůcka pro materiál k přišroubování
- P Auxiliar de medição para materiais de aparafusamento
- DK Hjælp til måling af skruer

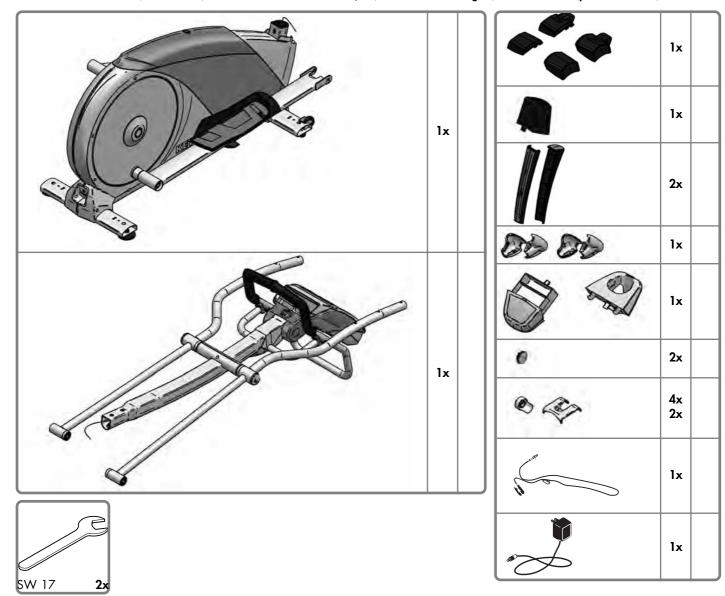


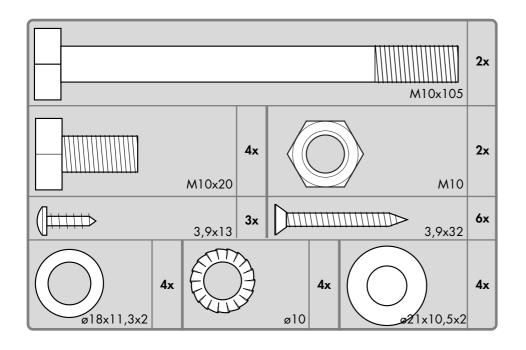
- D Gehört nicht zum Lieferumfang.
- GB Not included.
- F Ne fait pas partie du domaine de livraison.
- NL Is niet bij de levering inbegrepen.
- E No forma parte del volumen de entrega.
- -I Non in dotazione alla fornitura.
- PL Nie należy do zakresu dostawy.
- CZ Nepatří do rozsahu dodávky
- P Não está incluído nas peças fornecidas
- DK Er ikke inkluderet i leveringsomfanget.

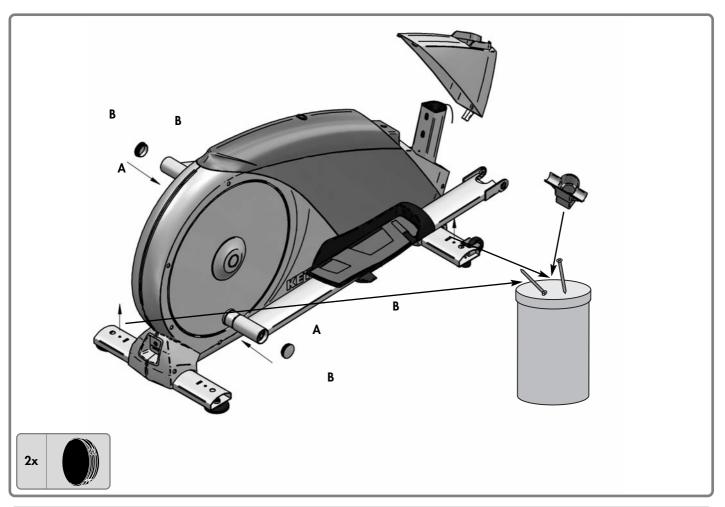


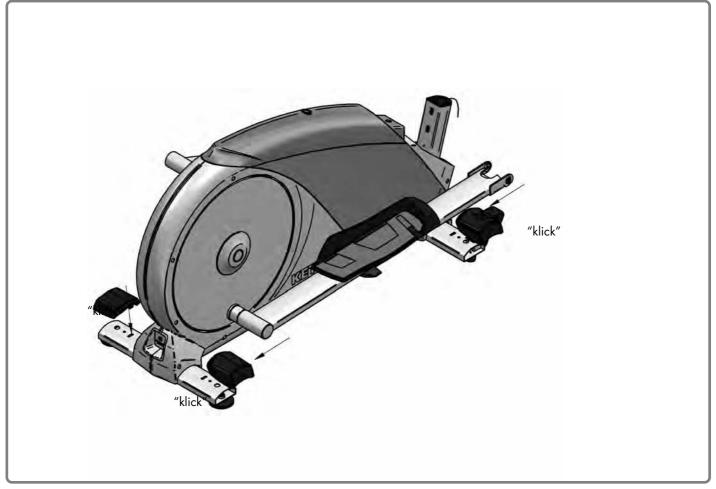
Checkliste (Packungsinhalt)

- GB Checklist (contents of packaging)
- E Lista de control (contenido del paquete)
- CZ Kontrolní seznam (obsah balení)
- F Liste de vérification (contenu de l'emballage)
 I Lista di controllo (contenuto del pacco)
 PL Checklijst (verpakkingsinhoud)
 PL Lista kontrolna (zawartość opakowania) - I - Lista di controllo (contenuto del pacco)
 - PL - Lista kontrolna (zawartość op
 - P - Lista de verificação (conteúdo da embalagem)
 - DK - Checkliste (pakkens indhold)









- D - ACHTUNG!

Die beiden Schrauben D müssen aus technischen Gründen zuerst angezogen werden. Erst dann die Schrauben E anziehen.

- GB - IMPORTANT!

Due to technical reasons the screws D have to be tightend first. Tighten the screws E last.

- F - ATTENTION!

Pour des raisons techniques il faut d'abord serrer les deux vis D. Serrez ensuite seulement les vis E.

- NL - LET OP!

Om technische redenen moeten de beide schroeven D eerst vastgedraaid worden. Pas daarna de schroeven E vastdraaien.

– E – :ATENCIÒN!

Por razones técnicas, los dos tornillos D deben apretarse primero. A continuación apretar los tornillos).

- I - ATTENZIONE!

Per motivi tecnici è necessario serrare dapprima le due D. Soltanto dopo questa operazione si possono serrare anche le viti E.

- PL - UWAGA!

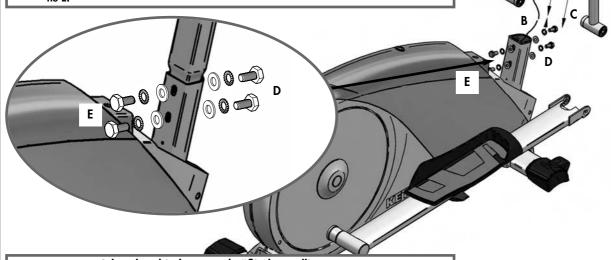
Obie śruby z podkładką D muszą być z przyczyn technicznych dokręcane najpierw. Dopiero potem dokręcić śruby z podkładką E.

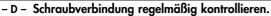
- CZ - POZOR!

Z technických důvodů je třeba nejprve dotáhnout šrouby označené jako "D". Teprve poté dotáhněte šrouby označené jako "E".

- DK - OBS!

De to skruer D skal af tekniske årsager strammes først. Først derefter spændes skruerne E.

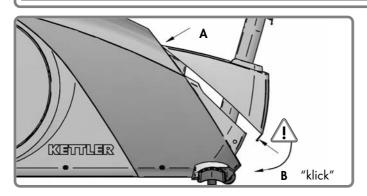


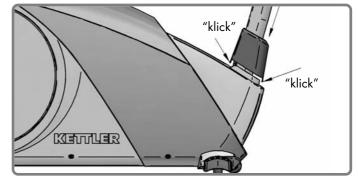


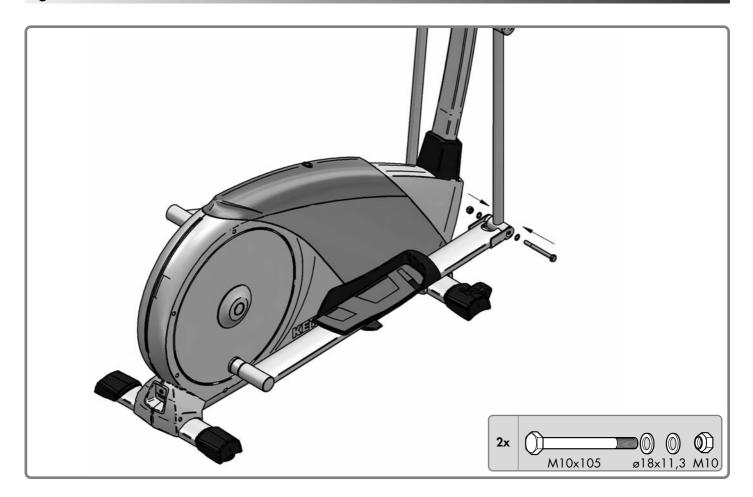
- GB - The screwed connections must be controlled at regular intervals.

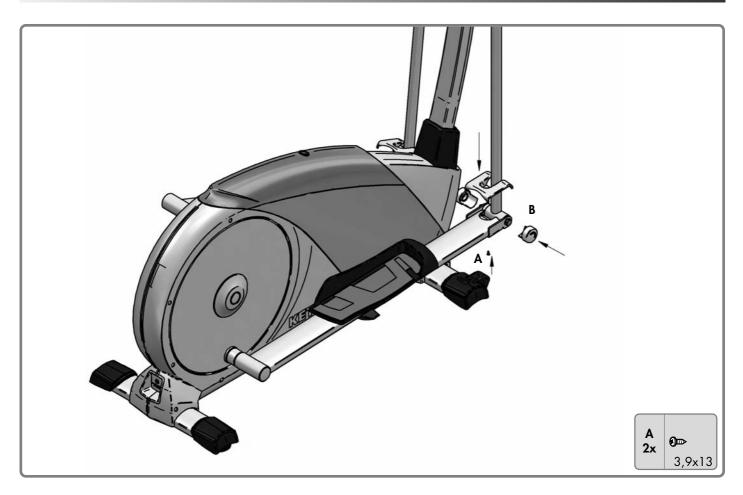
- F Resserrer le raccord à vis à intervalles réguliers.
- NL Schroefverbinding moet regelmatig opnieuw vastgedraaid worden.
- E La atornilladura debe ser apretada con regularidad.
- I Il collegamento a vite va riserrato ad intervalli regolari.
- PL Połączenie śrubowe musi być regularnie dokręcane.
- CZ Šroubové spojení pravidelně kontrolujte.
- DK Kontrollér skrueforbindelsen regelmæssigt.



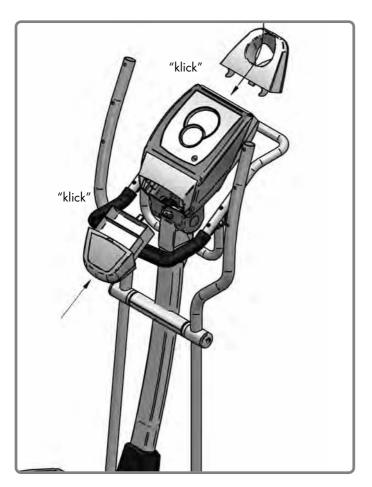


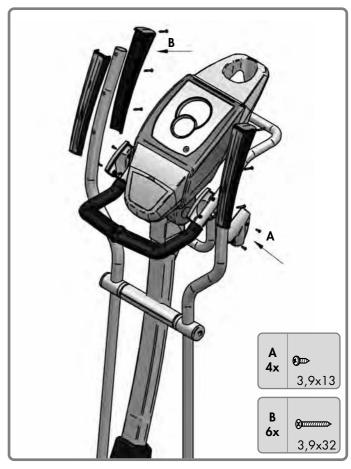






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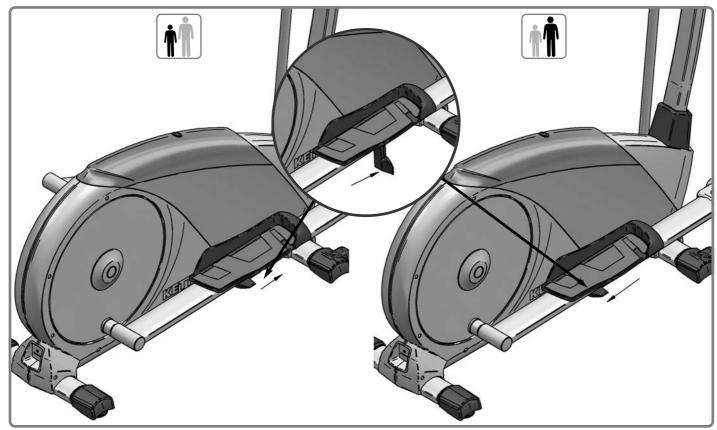




Handhabungshinweise

- GB Handling E Aplicación CZ Pokyny k manipulaci

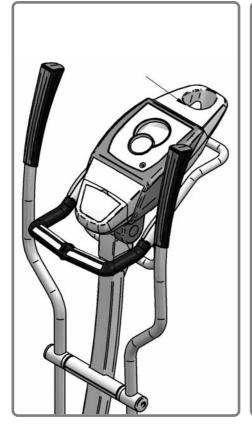
- F Utilisation
 I Utilizzo
 P Notas sobre o manuseamento
- NL Handleiding PL Zastosowanie DK Håndtering

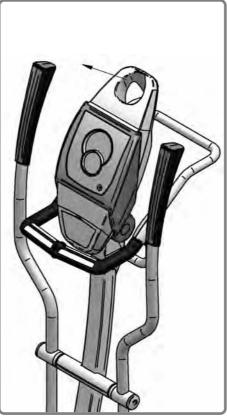


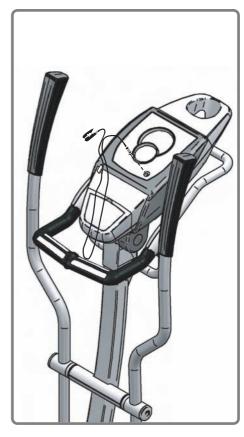
Handhabung shin we is e

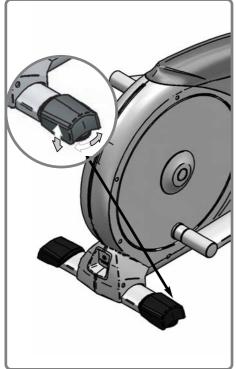


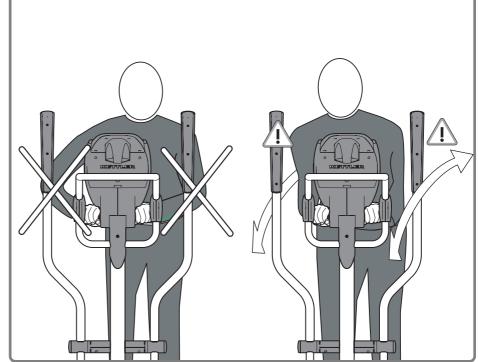




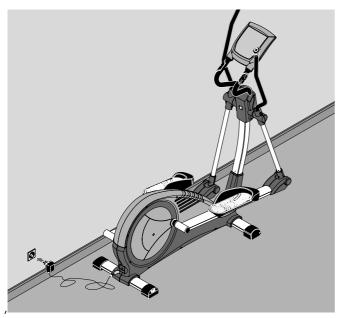






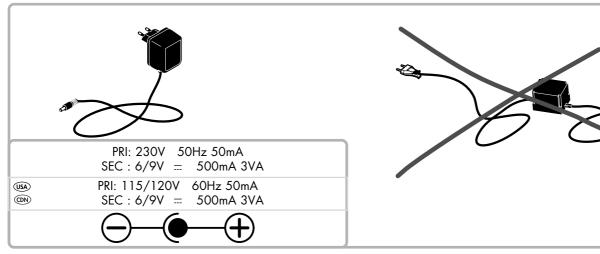


Handhabungshinweise



- D Bei Geräten mit Netzteil: Achtung! Betrieb nur mit mitgeliefertem Original-Netzteil der Original-KETTLER-Ersatzteil (siehe Ersatzteilliste) zulässig. Ansonsten Gefahr der Beschädigung.
- GB For products with power supply: Attention! Only use with original power unit as supplied, or with original KETTLER spare part (see spare part list). Otherwis this may result in damage.

- F Pour les appareils avec bloc secteur: Attention! Exploiter uniquement l'appareil avec son bloc secteur original qui fait partie de la fourniture ou une pièce de rechange originale de KETTLER (voir liste des pièces de rechange). Sinon risque de détérioration.
- NL Bij apparaten met transformator: ATTENTIE: gebruik alleen toegestaan met de bijgeleverde originele transformator of origineel KETTLER onderdeel (zie onderdelenlijst). Anders bestaat er beschadiginggevaar.
- E En aparatos con fuente de alimentación: ¡Atención! Funcionamiento solamente autorizado con la fuente de alimentación original suministrada o con pieza de recambio original de KETTLER (ver lista de piezas de recambio). De lo contrario podría ocasionar daños.
- I Apparecchi con alimentatore: Attenzione! L'utilizzo è consentito soltanto con l'alimentatore originale fornito in dotazione oppure con parte di ricambio originale della KETTLER (vedasi lista delle parti di ricambio). Altrimenti sussiste il rischio di danneggiamenti.
- PL Dotyczy urządzeń z zasilaczem: Uwaga! Eksploatacja urządzenia jest możliwa tylko z dostarczonym oryginalnym zasilaczem lub z oryginalnym urządzeniem zastępczym marki KETTLER (patrz Lista części zamiennych). W przeciwnym razie istnieje ryzyko uszkodzenia.
- CZ U přístrojů se síťovým zdrojem: Pozor! Provoz je přípustný pouze s originálním síťovým zdrojem obsaženým v dodávce nebo originálním náhradním dílem od firmy KETTLER (viz seznam náhradních dílů). Jinak vzniká nebezpečí poškození.
- DK Maskiner med netdel: OBS! Det er kun tilladt at bruge den medleverede originale netdel eller den originale reservedel fra KETT-LER (se reservedelslisten). I modsat fald kan maskinen beskadiges.

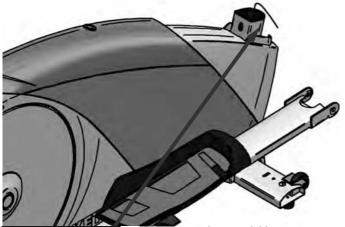


- D Achtung! Betrieb nur mit Original 6V/9V Netzteil zulässig. Ansonsten Gefahr der Beschädigung.
- GB Attention! Only use with 6V/9V original power supply. Otherwise this may result in damage.
- F Attention! Exploiter uniquement l'appareil avec son 6V/9V bloc secteur original. Sinon risque de détérioration.
- NL Let op! Gebruik alleen toegestaan met de orginele 6V/9V transformator. Anders gevaar voor beschadiging.
- E ¡Atención! Funcionamiento solamente autorizado con la fuente de alimentación 6V/9V original. De lo contrario podría ocasionar daños.

- I Attenzione! L'utilizzo è consentito soltanto con l'alimentatore originale 6V/9V. Altrimenti sussiste il rischio di danneggiamenti.
- PL Uwaga! Eksploatacja jest możliwa tylko z dostarczonym oryginalnym zasilaczem 6V/9V. W przeciwnym razie istnieje ryzyko uszkodzenia.
- CZ Pozor! Provoz je přípustný pouze s originálním síťovým zdrojem na 6V/9V. Jinak vzniká nebezpečí poškození
- DK OBS! Det er kun tilladt at bruge en original 6V/9V netdel. I modsat fald kan maskinen beskadiges.

Ersatzteilbestellung

- GB Spare parts order
- F Commande de pièces de rechange
- NL Bestelling van reserveonderdelen
- E Pedido de recambios



Trainingsgerät nach DIN EN 957-1, 5 Nicht für therapeutische Zwecke ge Art.-Nr.: 07%4 \$30 Serien-Nr.: ung 130 kg

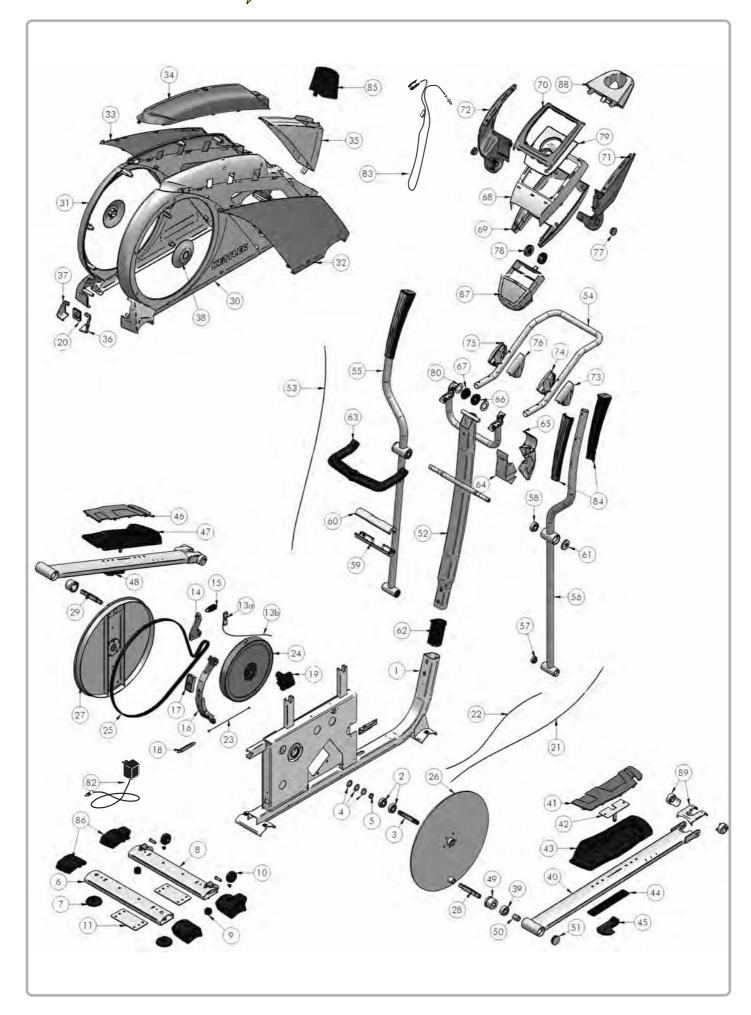
2 3 4 5

- D Beispiel Typenschild Seriennummer
- GB Example Type label Serial number
- F Example Plaque signalétique Numèro de serie
- NL Bijvoorbeeld typeplaatje Serienummer
 - Ejemplo Placa identificativa Número de
- -I Esempio Targhetta tecnica Numero di
- mer serii
- CZ Přiklad typového štítku sériové číslo
- DK Eksempel type label serienummer

- I Ordine di pezzi di ricambio
- PL Zamówiene części zamiennych
- CZ Objednání náhradních dílů
- DK Bestilling af reservedele
- D Geben Sie bei Ersatzteilbestellungen bitte die vollständige Artikelnummer, die Ersatzteilnummer, die benötigte Stückzahl und die Seriennummer des Gerätes an.
- GB When ordering spare parts, always state the full article number, spare-part number, the quantity required and theS/N of the pro-
- F En cas de commande de pièces de rechange, nous vous prions de mentionner la référence article, le numéro de pièce de rechange, la quantité demandée et le numéro de série de
- NL Vermeld bij de onderdelenbestellingen a.u.b. het volledige artikelnummer, het onderdeelnummer, het benodigde aantal en het serienummer van het apparaat.
- E Indicar con los pedidos de piezas de repuesto el número completo del artículo, el número de la pieza de repuesto, las unidades solicitadas y el número de serie del aparato.
- -I- Per l'ordinazione di parti di ricambio indicate il completo numero di articolo, della parte di ricambio, il numero di unit necessario nonchè il numero di serie dell'apparecchio.
- PL Przy zamawianiu części zamiennych proszę podawać kompletny numer artykułu, numer części zamiennej i numer serii urząd-
- CZ Při objednání náhradních dílů prosím udejte úplné číslo zboží, číslo náhradního dílu, potřebný počet kusů a sériové číslo pří-
- PL Przyklady Tabliczka identyfikacyjna Nu- DK Ved bestilling af reservedele skal du altid opgive det fuldstændige artikelnummer, nummeret på reservedelen, det ønskede antal og maskinens serienummer (se Håndtering).

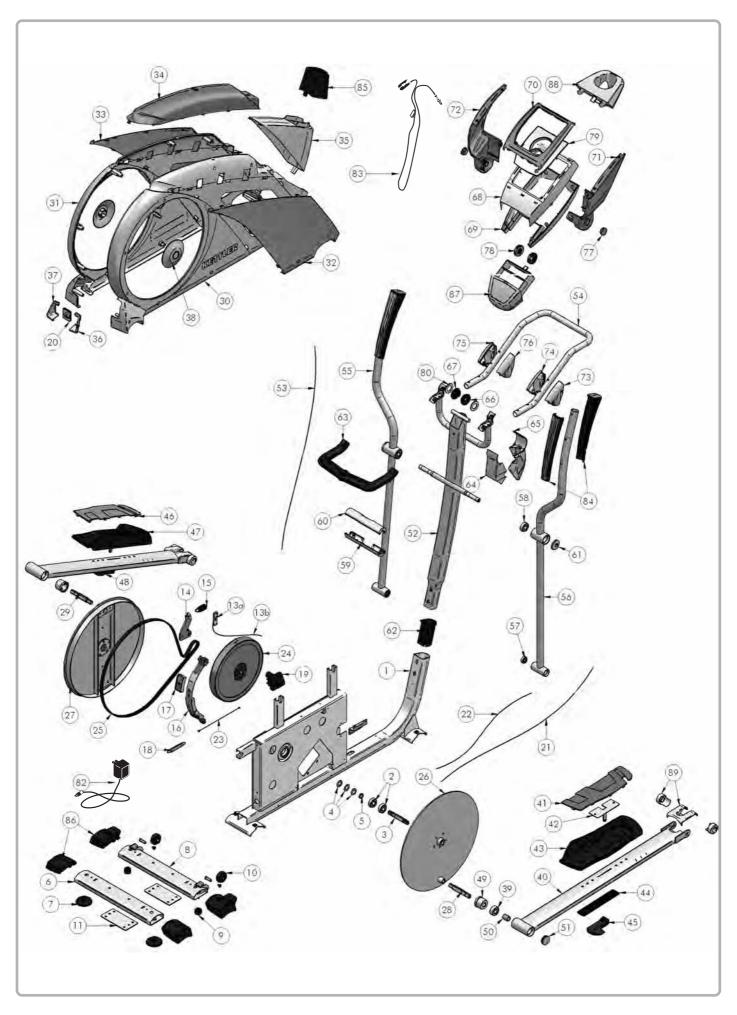
	Crosstrainer		07653-000	07653-300
Pos	Satura P		weiß/pearl	silber/schwart
Nr.	Bezeichnung	Stück	Bestell-Nr.	Bestell-Nr.
1	Grundrahmen	1	94317915	94318150
2	Kugellager 6203-ZZ	2	33100023	33100023
3	Welle ø17x114,5 (4-7208C)	1	11300055	11300055
4	Tellerfeder ø31,5x16,3x1,25 mm	3	10600004	10600004
5	Distanzring ø22.2x2x5 (A887)	1	97201470	97201470
6	Bodenrohr hinten	1	94317914	94318157
7	Verstellrad (2324)	2	<i>7</i> 0113 <i>75</i> 0	<i>7</i> 0113 <i>75</i> 0
8	Bodenrohr vorne	1	94317918	94318151
9	Auflagestofpen ø28x20 mm	2	10121025	10121025
10	Rolle Skater 50er (14-08713) mit Verschraubung	2	40814050	40814050
11	Halteblech (4-6649)	2	97200256	97200256
12	Folienpapier o. Abb.	2	34010120	34010120
13a	Kontakthalteblech (4-6628C)	1	1701399A	1701399A
13b	Geschwindigkeitaufnahme 100 mm	1	67000861	67000861
14	Aufnahmeblech kpl. mit Kugellagern	1	94317610	94317610
15	Zugfeder für Umlenkrolle (4-5279)	1	25635052	25635052
16	Magnethaltebügel	1	94310780	94310780
17	Magnetsegment	3	67000170	67000170
18	Zugfeder (4-5891)	1	25605891	25605891
19	Motor M-07	1	67000821	67000821
20	Aufnahme Netzstecker (4198)	1	70129208	70128319
21	Netzzuleitung 900 mm	1	67000829	67000829
22	Stromkabel 750 mm	1	67000831	67000831
23	Bowdenzug	1	43004071	43004071
24	Schwungrad mit Lagerwelle	1	91140379-10	91140379-10
25	Poly-V-Riemen 1651 PJ6	1	67005127	67005127
26	Laufrad	1	94317919	94318176
27	Riemenscheibe	1	94317922	94318177
28	Lagerachse ø 20x120,5 RH	1	97202720	97202720
29	Lagerachse ø 20x120,5 LH	1	97202721	97202721





Ersatzteilbestellung

	Crosstrainer		07653-000	07653-300
Pos			weiß/pearl	silber/schwart
Nr.	Bezeichnung	Stück	Bestell-Nr.	Bestell-Nr.
30	Seitenverkleidung rechts (4857)	1	70129147	70129353
31 32	Seitenverkleidung links (4858) Einsatz rechts (4859)	1	70129148 70129265	70129354 70129481
33	Einsatz links (4860)	1	70129266	70129481
34	Aufsatz (4861)	1	70127200	70127462
35	Lenkerrohrabdeckung groß (4862)	1	70129144	70129360
36	Blende rechts (4864)	1	70129149	70129372
37	Blende links (4865)	1	70129150	70129373
38	Rondenabdeckung D=31,7 cm (4866)	2	70130097	70129361
39	Pendelkugellager 2203 RS2	2	33100047	33100047
40	Pedalarm	2	94317932	94318194
41	Antirutschmatte rechts (4881)	1	70129229	70129376
42	Fußtrittbefestigung (13-05930)	2	97202075	97202075
43	Fußtritt rechts (4879)	1	<i>7</i> 0129188	70129474
44	Rastschiene (4885)	2	<i>7</i> 0129143	70129476
45	Excenterhebel rechts (4883)	1	<i>7</i> 0129145	70129477
46	Antirutschmatte links (4882)	1	70129230	70129377
47	Fußtritt links (4880)	1	70129189	70129475
48	Excenterhebel links (4884)	1	<i>7</i> 0129146	70129478
49	Distanzhülse (3126)	2	70128083	70129469
50	Distanzrohr ø22.2x2x27.5 mm	2	97201463	97201463
51	Lamellenstopfen ø42	2	10100087	10100098
52	Vorderrohr	1	94317934	94318195
53	Verlängerungskabel 1400 mm 12-polig	1	67000930	67000930
54	Stützbügel	1	94317939	94318154
55	Armhebel links (kpl. mit 57, 58)	1	94317944	94318198
56	Armhebel rechts (kpl. mit 57, 58)	1	94317945	94318199
57	Kugellager 6200-ZZ	4	33100036	33100036
58	Kugellager 6203-ZZ	4	33100038	33100038
59	Achsabdeckung UT (4870)	1	70130096	70129394
60	Achsabdeckung OT (4869)	1	70130095	70129393
61	Schraubenabdeckung (4871)	2	70130094	70130112
62	Führungsbuchse (4001) Handpuls-sensoren einteilig]	70128698 67000925	70128698 67000925
64	Drehpunktabdeckung vorne (4896)	1	70129157	70129380
65	Drehpunktabdeckung vonne (4897)	1	70129158	70129380
66	BremsschAufnahme re (5041)	1	70129136	70129361
67	BremsschAufnahme li (5042)	1	70129204	70129204
68	Cockpit OT (4888)	1	70129282	70129483
69	Cockpit UT (4889)	1	70127202	70129384
70	Cockpit Blende (4894)	1	70129200	70129391
71	Cockpit Blende rechts (4891)	1	70129201	70129389
72	Cockpit Blende links (4892)	1	70129202	70129390
73	Rohrschellenabdeckung rechts außen (4954)	1	70129153	70129385
74	Rohrschellenabdeckung rechts innen (4955)	1	70129154	70129386
75	Rohrschellenabdeckung links außen (4956)	1	70129155	70129387
76	Rohrschellenabdeckung lins innen (4957)	1	<i>7</i> 0129156	70129388
77	Stopfen (4893)	2	70129165	70129395
78	BremsschAufnahme (5043)	2	70129206	70129206
79	Computer SM3615-68	1	91140468	91140468
80	Bremsscheiben D=45x3 (14-08880)	2	12500045	12500045
81	Kleinteilebeutel o. Abb.	1	94317982	94318202
82	A-67-1 Netzteil 9V	1	67000856	67000856
83	Pulsaufnehmer P-03 (EARCLIP)	1	67000653	67000653
84	Griff 2-teilig	2	10111039	10111042
85	Lenkerrohrabdeckung klein (4863)	1	70129140	70129411
86	Teilebeutel Rohrkappen	1	9431 <i>7</i> 961	94318164
87	Cockpit Ablage (4939/40/41)	1	95350366	95350431
88	Flaschenhalter (4898/99) montiert	1	95350367	95350430
89	Teilebeutel Abdeckkappen	1	94318122	94318200
90	Maschinenbeutel siehe Checkliste Schrauben	1	94318121	94318121



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